

# Marinated & Dehydrated Mushrooms

Organic mushrooms, sliced thickly

Equal amounts of organic Tamari or Shoyu and Olive Oil  
(about ¼ cup of each, depending on how many mushrooms  
you are using).

You should have enough tamari/olive oil to lightly coat the  
mushrooms.

Add a clove of garlic, sliced into small chunks.

Add a good handful of chopped continental parsley.

Mix and set aside for 2-3 hours.

Spread onto dehydrator mesh sheets and dehydrate for 4-6  
hours.

